

ACTIVE islander

SUMMER
2010



VILLAGE OF KEY BISCAINE COMMUNITY CENTER



Fishin' for Some Fun?

Don't worry. New summer camps and programs
will keep you entertained all season long.

Community Center Hours

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Village Officials and Staff

Mayor Robert Vernon
 Vice Mayor Michael Davey
 Councilmember Enrique Garcia
 Councilmember Robert Gusman
 Councilmember Michael Kelly
 Councilmember Jorge Mendia
 Councilmember Thomas Thornton
 Village Manager
 Genaro "Chip" Iglesias
 Director of Parks and Recreation
 Todd Hofferberth
 Community Center Manager
 Ana J. Colls

General Hours of Operation

Monday - Friday 6:00 a.m. to 10:00 p.m.
 Saturday and Sunday 8:00 a.m. to 8:00 p.m.

Pool Hours

(unless otherwise posted for classes and special programs)

Monday - Friday 6:15 a.m. to 8:45 p.m.
 Saturday and Sunday 8:15 a.m. to 7:45 p.m.
 Swim lanes are always available but may be limited for a class or special program.

Teen Room/Game Room

Monday - Friday 3:00 p.m. to 10:00 p.m.
 Saturday and Sunday 10:00 a.m. to 8:00 p.m.

Indoor Playground

(children under age 10 must be supervised by an adult)

Monday - Friday 9:00 a.m. to 1:00 p.m.
(for children under the age of six)
 3:00 p.m. to 8:00 p.m.
 Saturday and Sunday 9:00 a.m. to 8:00 p.m.
 Access may be limited during special events or parties.

Computer Lab Summer Hours

Monday - Friday 9:00 a.m. to 2:00 p.m. *(adults only)*
 2:00 p.m. to 6:00 p.m. *(all ages)*
 Saturday and Sunday 12:00 noon to 6:00 p.m. *(all ages)*

Gymnasium

The gym is available for basketball during all general hours of operation. Courts will generally be programmed in the afternoons after 3:00 p.m.

Adult Basketball

Saturday 10:00 a.m. to 12:00 noon
(ages 35 and up)

Indoor Soccer

Tuesday 8:00 p.m. to 9:00 p.m.
(ages 30 and up)
 9:00 p.m. to 10:00 p.m.
(ages 15 to 30)
 Sunday 10:00 a.m. to 12:00 noon *(all ages)*

IMPORTANT PHONE NUMBERS

Village General Information..... 305-365-5511
 Village Manager's Office..... 305-365-5500
 Village Clerk..... 305-365-5506
 Building Inspections..... 305-365-5512
 Building, Zoning, and Planning 305-365-5511 x4
 Fire Rescue 305-365-8989
 Police (non-emergency) 305-365-5555
 Police Department Administration 305-365-8913
 Public Works..... 305-365-8945
 Zoning Information 305-365-5502
 Code Enforcement 305-365-8917
 Occupational Licenses 305-365-8917
 Community Center 305-365-8900
 Parks and Recreation 305-365-8900
 Passport Information..... 305-365-8953

Senior Services/Transportation..... 305-365-8953
 Property Tax Collector 305-270-4916
 Miami Dade Elections Department..... 305-499-8683
 Chamber of Commerce..... 305-361-5207
 Bill Baggs State Park 305-361-5811
 Crandon Park 305-361-5421
 Sea Turtle Information 305-361-5761
 Mosquito Control 305-592-1186
 Pesky Critters..... 305-255-7296
 Humane Animal Removal 305-232-1100
 Voter Information..... 305-375-5553
 Water and Sewer Department 305-665-7471
 Water and Senior Aircraft Noise
 Hotline Miami-Dade County Phone 305-876-7526
 Emergency Ride Home Phone 800-234-7433



Photo courtesy of Kiko Ricote. Previously published in his first-edition photography book titled Key Biscayne.



"When I arrived in Miami and saw how beautiful the Key's beaches were, I knew one day I wanted to live here and start a family here."

— Kiko Ricote

Learn more about Kiko and his work at www.kikor.com.

NEW PHOTOGRAPHY BOOK SHOWCASES KEY LIFE

Ever since freelance commercial photographer Francisco "Kiko" Ricote set foot on the sandy beaches of Key Biscayne nearly 27 years ago, he has enjoyed a veritable love affair with the island.

"When I arrived in Miami and saw how beautiful the Key's beaches were, I knew one day I wanted to live here and start a family here," recalls Kiko.

A Key Biscayne resident for the past 13 years, the Venezuelan-born photographer decided to capture the beauty he saw around him by documenting various aspects of life on the Key—from its spectacular seascapes to its rich historical sites and architectural beauty—all with the click of his camera.

"I would go out three to four times a week to take more photos, sometimes at 6:00 a.m. and other times at 7:00 p.m., at all hours really," Kiko explains. "I took about 6,000 photos in total, and from there we used about 300 photos for the book, which took about a year to complete."

The result is a stunning collection of full-color photographs published in a 240-page first edition coffee-table book, aptly titled *Key Biscayne*, which contains more than 300 photos of the island paradise he now calls home.

"I truly love the island so I thought this book was a good thing to leave to my daughters," he says, "to know that their father did something to document the island."



Kiko has granted the Community Center special permission to publish some photos from his new book in this and future issues of Active Islander. We thank him for his generosity.

Membership Information

**Be an Active Islander – Join the Key Biscayne Community Center!
Just follow these easy steps:**



Complete the Community Center membership application

Forms are available at the front desk by calling 305-365-8900 or online at www.activeislander.org.



Show proof of residency

Proof of residency is required when applying for membership. A photo ID plus one of the following is acceptable as proof of residency: current vehicle registration certificate; copy of current real property tax bill or deed; certificate or letter from the Internal Revenue Service; current utility bill; tenants must bring a current lease; a yearly lease is required for an annual membership.



Pay the membership fee*

Membership can be paid by cash, check or credit card. Checks should be made payable to the Village of Key Biscayne.

Membership Category Descriptions

Adults—An adult membership is available to residents between the ages of 19 and 64, unless they are 25 or younger and currently enrolled in school.

Youth—A youth membership is available to any resident between the ages of 10 and 18.

Senior—A senior membership is available to any resident who is 65 or older.

Student—Any resident who is between the ages of 19 and 25 can apply for the student membership with proof of current school enrollment.

Couple—Any two individuals who reside at the same address may join as a couple. This would include one child and one adult or two adults.

Senior Couple—To qualify for a senior couple membership, both individuals must be 65 or older. If only one individual is over 65, the couple membership would apply.

Family—A family consists of up to four individuals, including no more than two adults who reside together. Families with more than four individuals may add additional family members at 50 percent off. Therefore, a family of five may add a third child for \$65.

Cancellation/Refund Policy

It's our goal to ensure that you enjoy our recreation programs. Therefore, if you are not completely satisfied with a class or program or are unable to participate for medical reasons, please contact us immediately. We will provide a 100 percent refund to anyone who makes a request before the start of the second class or program. Requests received after the start of the second class or program will entitle the participant to a prorated refund.

Membership Categories

Category	Daily Resident	Daily Guest	Monthly	Yearly
Adults	\$9	\$13	\$55	\$300
Youth (10-18)	\$6	\$9	\$22	\$130
Senior (65+)	\$6	\$9	\$30	\$200
Student (19-25)	\$7	\$10	\$35	\$220
Couple	N/A	N/A	\$85	\$385
Senior Couple (both 65+)	N/A	N/A	\$50	\$300
Family (4 members)	N/A	N/A	\$110	\$525

*Note: Membership fees are subject to change.

Information for Residents

PARTY PACKAGES AND ISLAND ROOM RENTALS

Planning a party or special event? Let us host it for you! The Community Center offers a variety of party packages for groups of up to 30 people. Choose from our Basic Party Package; Arts and Crafts Package; Pool Party Package; or the Face-Painting and Balloon Art Party Package.

We also have facilities to accommodate adult parties, meetings, and other special events. The Island Room (also known as the Multi-Purpose Room) on the second floor can accommodate up to 150 guests, offers small and large rooms, as well as a warming kitchen.

Basic Party Package

Includes tables and chairs (up to 30 children) and private use of one of the following facilities for one hour: indoor playground, computer room, half of the game room, or half the basketball gymnasium. Post-party area clean up will be provided by Community Center staff.

Arts and Crafts Party Package

Arts and Crafts activity provided for one hour for up to 25 children. Community Center will provide a personal party assistant for duration of party. Post-party area clean up will be provided by Community Center staff.

Face-Painting and Balloon Art Party Package

Includes tables, chairs, and face painting and balloon art provided for one hour for up to 25 children. The Instructor is Irina Patterson, the world-famous Russian Queen of Balloons (subject to instructor availability). Post-party area clean up will be provided by Community Center staff.

Pool Party Package

Includes tables and chairs for 30 children and use of the pool for two hours. Post-party area clean up will be provided by Community Center staff.

For more information or to schedule your next event, please visit or call the Community Center's front desk at 305-365-8900.

PASSPORT SERVICES

The Village of Key Biscayne is a certified acceptance facility for U.S. passport applications. As a courtesy to our residents, this service is offered by the Parks and Recreation Department at the Community Center, located at 10 Village Green Way, second floor. Rules, downloadable forms, fees, travel advisories, and other information are available at the U.S. State Department passport web page. Please review this website to obtain all of the necessary information to complete your passport application. For additional information or to make an appointment, call 305-365-8953. Passport processing also is available at the U.S. Post Office located in the L'Esplanade Shopping Center at 951 Crandon Boulevard. For more information, call 305-ASK-USPS.

Days Hours

Monday to Friday
9:30 a.m.-4:00 p.m.

Note: Appointments are required to ensure that Village staff can fulfill your passport needs promptly and efficiently.



HAVE FEEDBACK YOU'D LIKE TO SHARE?

All Key Biscayne residents with valid email addresses on file will be receiving an email survey asking what you think about our facilities and programs so we can better serve you. The survey also will be available on our website and hard copies can be picked up at the front desk.

Can't wait to receive the survey? A comments and suggestions box is located at the front desk so feel free to drop us a suggestion at any time. Or if you prefer, contact the Parks and Recreation Director at 305-365-8900 or thofferberth@keybiscayne.fl.gov.

Rules and Regulations

Key Biscayne Community Center Policies

- Membership in the Key Biscayne Community Center is limited to Key Biscayne residents and employees of the Village of Key Biscayne.
- Residents who are not yearly or monthly members may use all Community Center amenities by purchasing a daily membership. The cost of a daily membership may be applied to the purchase of an annual membership if purchased that day.
- Daily membership for residents is not required for limited access to the building.
- Members must scan their membership ID card when entering the building.
- Children age 10 and older are allowed to enter the Community Center with their membership ID card.
- Children under the age of 10 must be accompanied by an adult (16 or older) or must be enrolled and attending a program to enter the Community Center.
- Access to the Wellness Center is restricted to members and guests ages 16 and older.
- There is no charge for a caregiver who accompanies a member, as long as the caregiver does not use the facility. The caregiver must stay with the member at all times.
- Village of Key Biscayne staff members are authorized to forbid access to the Community Center and request removal from the facility of any individual in the case of misconduct.

Code of Conduct

All participants in the Community Center are expected to behave in such a manner as not to disturb others using the facility. Please adhere to the following code of conduct in and around the building:

- No foul or abusive language
- No fighting or rough play
- No glass containers
- No tobacco products
- No pets
- No weapons
- No alcohol
- No bouncing basketballs outside the gymnasium
- Activity appropriate footwear required on gymnasium or dance floors
- Appropriate clothing required
- No running or bouncing balls in the hallways or stairwells or by the swimming pool

Failure to follow this code of conduct could result in disciplinary action, including removal from the facility and/or suspension or cancellation of membership.

Guest Policy

- Guests must be accompanied at all times by a Key Biscayne resident who has purchased a yearly, monthly or daily membership.
- Guests must register at the front desk and must purchase a guest pass.
- Guest passes are non-refundable.

Toddler Room Drop-In Care Policies

1. Drop-in care is for children one to five years of age (no exceptions).
2. Parents must sign in their child.
3. Punch Passes must be purchased at the front desk.
 - Member pass for 10 hours: \$70
 - Member pass per hour: \$7
 - Non-member one-hour pass: \$10
4. Drop-in care is on a first-come, first-serve basis.
5. There is an eight-to-one and a 15-to-two ratio: We reserve the right to reduce that limit if the number of younger children is too high.
6. There is a two-hour maximum time slot for each child (no exceptions).
7. Parents or guardians are responsible for all diaper changes.
8. Parents must be in the Key Biscayne Community Center while their child is in childcare.
9. Sick children will be denied entry to the drop-in program.
10. If a child is acting in an inappropriate or disrespectful manner, the parents will be called to remove the child.

Toddler Room Drop-In Care Hours of Operation

Monday - Friday	8:00 a.m.-12:00 noon
	4:00 p.m.-8:00 p.m.
Saturday and Sunday	Closed

- A maximum of two guests per member can be brought per day, unless special arrangements are made in advance.
- A guest may attend the Community Center a maximum of 12 times per calendar year.
- A guest may register for a class or activity provided space is available the day of the class.
- Members are responsible for the conduct of their guests, including supervision of children. Members will be responsible for any damage to equipment or facilities caused by their guests.
- A member who brings a guest who is disruptive and/or breaks the code of conduct may be subject to losing any and all privileges.

Refund Policy

Memberships are non-transferable and non-refundable. It is the goal of the Key Biscayne Community Center to ensure the enjoyment of all programs. If you are not satisfied with a program or are unable to participate for medical reasons, please contact the front desk immediately. Any one who makes a request before the start of the second class or scheduled program will receive a 100 percent refund. Requests received after the start of the second meeting will entitle the participant to a prorated refund. No refunds will be given after the conclusion of the program.

ADA Policy

The Village of Key Biscayne gladly complies with the provisions of the Americans with Disabilities Act. Persons needing reasonable accommodation to attend or participate in any program may call 305-365-8900. Please allow two weeks prior to the activity or need of assistance to accommodate the request.

Summer Camp Programs

KBCC SUMMER CAMP

Camp Director: David Plotkin

It's that time of year again—time to have lots of fun at KBCC Summer Camp! There's a new adventure every week including two field trips to a variety of cool destinations. You'll also get to enjoy your favorite camp activities such as computer lab, movies, field games, arts and crafts, swimming, and much more. Ten one-week sessions will be held from June 14 to August 20, 2010. Registration can be completed in person at the Community Center. Camp fees include all activities and field trips. Lunch is not included, so please don't forget to bring your own.

Field Trips

(every Tuesday and Thursday)

These organized trips are included in the camp fees.

Session 1: June 14-18

June 15—Dandy Bear

June 17—Super Wheels

Session 2: June 21-25

June 22—Ball Mania

June 24—Movies at Sunset Place

Session 3: June 28-July 2

June 29—Castaway Island

July 1—Strike Miami

Session 4: July 5-9

July 6—Game Works

July 8—Jungle Island

Session 5: July 12-16

July 13—Movies at Sunset Place

July 15—Lagoon Island

Session 6: July 19-23

July 20—Miami Children's Museum

July 22—Jumpers Party Pad

Session 7: July 26-30

July 27—Seaquarium

July 29—Paradise Cove

Session 8: August 2-6

August 3—Boomers

August 5—Metro Zoo

Session 9: August 9-13

August 10—Miami Science Museum

August 12—Little Farm

Session 10: August 16-20

August 17—Movies at Sunset Place

August 19—End of Summer BBQ Pool Party at the Community Center

Ages

K-8th grade

Days

Monday-Friday

Time

8:00 a.m.-4:00 p.m.

Sessions

June 14-August 20



General Day Camp Fees

Member Fee \$150 per week

Non-Member Fee \$200 per week

Late Care

Late care is available Monday through Friday from 4:00 p.m.-6:00 p.m.

Member Fee \$10 per day

Non-Member Fee \$15 per day



Summer Camp Programs



Name

Jose Alavarado II

Originally From

Miami, Florida

School

Key Biscayne Community School

Hobbies

Playing rugby

How long have you lived on the Key

6 months

Favorite activity/program at the Community Center

Playing ping-pong in the Game Room

FISHING CAMP

Camp Director: Captain Dave Perkins

For over 10 years, Captain Dave Perkins (www.captaindaveperkins.net) has brought this fascinating and fun-filled fishing camp to the Village of Key Biscayne. Camp activities include a visit to IFGA Fishing Hall of Fame and Bass Pro Shop; instruction in equipment use, knot tying, casting, and fish species identification; fishing trips to private bass lakes and fishing pier; and a boat trip on the Reward II fishing vessel. Suggested equipment includes personal fishing rods (not necessary), hat, sunscreen, and bathing suits (to be used on Tuesday, Wednesday, and Thursday). Sunglasses also are required (for safety reasons). Camp fees include fishing activities, transportation to and from sites, all field trip fees, and bait and tackle. Lunch is not included. Each session requires a minimum of 10 participants, so please register early!

Ages	8-14 years
Days	Monday-Friday
Time	9:00 a.m.-3:00 p.m.

Session 1	June 14-18
Session 2	July 12-16
Session 3	August 2-6

Member Fee	\$240 per week
Non-Member Fee	\$279 per week

MARINE BIOLOGY CAMP

Camp Director: Gerard Loisel

The former host of the PBS television series *Marine Aquarium World*, Professor Loisel has taught marine biology to students of all ages for the past 33 years. For more than a decade, he has brought this experience to Key Biscayne for this unique summer camp. During this educational camp, kids will explore the rocky inter-tidal zone at Bear Cut, learn about interesting marine animals, visit the Miami Seaquarium, learn to tag fish for scientific research, and much more. Each session requires a minimum of 10 participants, so please register early!

Ages	8-14 years
Days	Monday-Friday
Time	9:00 a.m.-1:00 p.m.

Session 1	June 21-25
Session 2	July 5-9
Session 3	July 19-23
Session 4	August 9-13

Member Fee	\$159 per week
Non-Member Fee	\$189 per week



Summer Camp Programs



BENNY FRAGELA ALL-STAR BASKETBALL CAMP

Calling all basketball enthusiasts! Benny Fragela is bringing his famous All-Star Basketball Camp to the Community Center for one week this summer. Campers will receive a T-shirt, group picture, 35 hours of expert instruction, numerous refereed games throughout the day, an opportunity to win contests and prizes in our famous championship Friday, as well as swim for an hour every day. Campers also will hear from special guest speaker Carlos Boozer. Lunch is not included.

Ages	5-15 years
Time	9:00 a.m.-3:00 p.m.
Location	Community Center
Session	June 14-18
Member Fee	\$250
Non-Member Fee	\$300

SPORTS CAMPS

Camp Director: Tony Goudie

Ages	6-14 years
Time	9:00 a.m.-1:00 p.m.
Member Fee	\$125 per week
Non-Member Fee	\$150 per week

Flag Football Camp

Session 1	June 14-18
Session 2	July 12-16
Session 3	August 16-20
Location	Village Green

Basketball Camp

Session 1	June 21-25
Session 2	July 19-23
Location	Gymnasium

All Sports Camp

Session	August 9-13
Location	Gymnasium and Village Green

ORCHESTRA SUMMER CAMP & LESSONS

Give your child the gift of music this summer! For the third consecutive year, the Olympus Foundation of the Americas brings this unique and successful music program to Key Biscayne. This program is based on a revolutionary and internationally known orchestra method that allows children who have no music experience the ability to play and read music from the first day of class. Camps will consist of a variety of fun activities including instrument instruction, music rhyming, dances, videos, singing the melody they will play, etc. Other instruments include violin, viola, cello, flute, and more. All levels are welcome; children will be evaluated to determine the appropriate orchestra group level. In addition to summer camps, Olympus also will offer their regular afternoon program (must be approved by instructors).

Orchestra Camp

Ages	4 to 13 years
Days	Monday-Friday
Time	9:00 a.m.-12:00 noon
Session 1	June 14-July 16
Session 2	July 19-August 20

Location	Arts and Crafts Room
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Member Fee	\$145 per week or \$575 per five-week session
Non-Member Fee	\$175 per week or \$690 per five-week session



Orchestra Lessons (Intermediate & Advanced)

Ages	4 to 13 years
Days	Mondays, Wednesdays and Fridays
Time	2:00-4:00 p.m.
Session 1	June 14-July 16
Session 2	July 19-August 20
Location	Island Room
Member Fee	\$350 per 5-week session
Non-Member Fee	\$420 per 5-week session

Notes: Full payment is due at the time of registration. A sibling discount of \$50 will be applied to each sibling enrolled in the program. For more information, please contact Andrea Oliveira at acoandrea@gmail.com or 305-469-4276.



Summer Dance Programs



DANCE WORKSHOP

This class is designed for girls with or without previous dance experience who want to learn or continue exploring different dance styles such as ballet and creative movement (3-5 years) ballet and jazz (5-7 years). Young dancers will learn or continue performing small and big jumps, turns, port-a-bras, and balance of the body with emphasis on precision of lines and exactness of movement. A performance will be held the end of the session.

Ages	3-7 years
Days	Monday-Friday
Time	9:30 a.m.-12:30 p.m.
Location	Island Room
Session 1	June 14-25
Session 2	June 28-July 9
Instructor	Susana Catturini and Alexandra Villarroel
Members Fee	\$240 per session
Non-Member Fee	\$288 per session

MVSA DANCE CAMP

Back by popular demand, the Maria Verdeja School of the Arts (MVSA) will offer its summer dance camp at the Community Center. Spend a few weeks making new friends and having tons of fun while learning the latest jazz, ballet, and lyrical dance moves. In addition to taking several dance classes per week, dancers will take part in other exciting activities such as Super Star Day, Pajama Day, Tacky Day, Water Days at the Village Green, Pizza Days, and an End-of-Camp Performance. Dancers of all backgrounds are welcome. No prior dance experience is necessary.

Ages	3-12 years
Days	Monday-Friday
Time	1:00-5:00 p.m.
Location	Island Room
Sessions	June 14-July 2
Instructor	Celioni Sena
Members Fee	\$140 per week
Non-Member Fee	\$168 per week
Camp T-shirt Fee	\$15 (mandatory for campers)

BROADWAY MUSICAL THEATRE TRIPLE THREAT SUMMER WORKSHOPS

Have you always dreamed of performing on Broadway? We can help you get there! The Broadway Musical Theatre Program presents an intensive summer workshop that is your first step to becoming a triple threat performer: an unparalleled actor, singer, and dancer! Focus on scenes, songs, and choreography from musicals old and new. Topics to be covered will include bringing characterization to a song and choreography, defining a character, vocal techniques, and mastering the various musical theatre techniques and styles. Students will attend one hour of the following classes each day: Broadway Dance, Broadway Voice, and Broadway Acting. At the end of each week, students will present a showcase for their family with pieces from Broadway shows they have learned during the week.

Ages	5-7 years old (Group 1)
Ages	8-12 years old (Group 2)
Ages	Varies (Advanced with Instructor approval)
Days	Monday-Friday
Time	2:00-5:00 p.m.
Session	June 14-August 6
Instructor	Angelica Torres & Workshop Instructors
Member Fee	\$200 per week
Non-Member Fee	\$240 per week



Youth & Teen Programs

TODDLER & YOUTH FITNESS

Mini Tennis

This program, referred to as QuickStart Tennis by the USTA, is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It's the fast, fun way to get kids into tennis—and keep them playing. Now any child between ages 3 and 9 can start playing tennis almost immediately, even if he or she has never picked up a racquet. Join us to learn and have fun with this new play format recently adopted by the USTA.

Location	Gymnasium
Session 1	June 21-July 15
Session 2	July 19-August 12
Instructor	Jorge Ribas and Ricardo Mena

Ages	3-4 years old
Days	Tuesdays and Thursdays
Time	2:45-3:15 p.m.

Member Fee	\$105 (twice/week) or \$70 (once/week)
Non-Member Fee	\$126 (twice/week) or \$84 (once/week)

Ages	5-6 years old
Days	Tuesdays and Thursdays
Time	2:00-2:45 p.m.

Member Fee	\$120 (twice/week) or \$72 (once/week)
Non-Member Fee	\$144 (twice/week) or \$86 (once/week)

Ages	7-9 years old
Days	Mondays-Thursdays
Time	1:00-2:00 p.m.

Member Fee	\$240 (4x/week)
Non-Member Fee	\$288 (4x/week)

Fencing Club

The Miami Fencing Club offers students the unique experience of fencing, the fast and athletic sport of sword fighting. Beginning students will be provided with all of the necessary fencing equipment. Advanced students must bring their own equipment. All levels are welcome and no experience is necessary. Students must register for the six-week session as prorating is not allowed. Visit www.miamifencingclub.com or call 305-992-1946 for more information.

Ages	8 years and up
Days	Wednesdays
Time	6:30-8:00 p.m. (beginners) 7:30-9:30 p.m. (advanced)
Location	Island Room
Session 1	May 12-June 16
Session 2	June 23-July 28
Session 3	August 4-September 8
Instructor	Mike Elder, Miami Fencing Club
Member Fee	\$120
Non-Member Fee	\$145



FITNESS YOGA FOR TEENS **NEW!**

This new class for teens will provide a fun and exciting way to experience fitness and yoga. Students will increase their self-esteem and fitness level through a variety of high-energy activities. If weather permits, some activities will take place outside. The instructor is an AFPA certified children's fitness specialist and yoga teacher. Pre-registration is required.

Ages	12 years and up
Days	Tuesdays
Time	11:00 a.m.-12:00 noon
Location	Island Room
Sessions	June 15-August 17
Instructor	Kerstin Eskeli
Member Fee	\$13 per class
Non-Member Fee	\$15 per class



Youth & Teen Programs



Kidokinetics

Kidokinetics is the fun way to fitness that's inspiring kids to get up, get moving, and get in shape! Kidokinetics was developed to promote sports and fitness to boys and girls. These fun-filled classes include activities that develop motor skills, enhance physical fitness, and improve self-confidence. Kidokinetics teaches the basics of various sports and other important physical exercises, enabling children to feel competent when playing different sports. Classes focus on a different sport each week, keeping kids interested and excited. Experienced coaches lead fun classes with a focus on individual achievement in a non-competitive environment. Kids will receive a free T-shirt with first-time enrollment. Visit www.kidokinetics.com for more information.

Ages	2-10 years
Days	Tuesdays (3-6 years) or Thursdays (4-7 years)
Time	4:30-5:30 p.m.
Location	Island Room
Session 1	June 15-July 15
Session 2	July 20-August 19
Instructor	Coach Emily Johnson
Member Fee	\$60
Non-Member Fee	\$72

BABY AND ME

Mommy and Me (Yupi!)

Created for parents and their little ones, this bilingual program offers joyful and innovative experiences using non-conventional materials.

Ages	9-30 months
Time	9:30-10:30 a.m.
Location	Key Biscayne Room
Instructor	Silvina Zuain
Session 1	April 28-June 18
Days	Wednesdays and Fridays
Member Fee	\$160 (once/week) or \$256 (twice/week)
Non-Member Fee	\$200 (once/week) or \$320 (twice/week)
Session 2	June 23-July 28
Days	Wednesdays
Member Fee	\$120
Non-Member Fee	\$144

Baby Sensory Program

Baby Sensory provides parents with hundreds of fun sensory development activities they can share with their child during the vital first year of life. The classes include fiber optic light shows, bubbles, bells, musical fun, baby signing, puppet shows, amazing light balls, and so much more. Once you have experienced these parent and baby activities you will want to come back for more captivating experiences. Each class includes a variety of different baby development activities plus discovery playtime. Participants must register for the ten-week session. Two make-up sessions are allowed. Visit www.babysensory.com for more information.

Ages	2 weeks to 13 months
Days	Tuesdays
Time	10:30-11:30 a.m.
Location	Island Room
Session	June 1-August 3
Instructor	Carolina Forero
Member Fee	\$200
Non-Member Fee	\$239

Mommy and Me Fitness

Moms can now get in shape while bonding with their babies. As babies play, parents will be taken through a series of fitness exercises and yoga movements designed specifically for mommies so they can get fit quick. In the meantime, babies will develop habits that promote health and brain development. The instructor for this program is a certified personal trainer who specializes in youth fitness. This fitness class is bilingual.

Ages	4-12 months
Days	Wednesdays
Time	10:00-11:00 a.m.
Location	Island Room
Session 1	June 2-23
Session 2	June 30-July 21
Session 3	July 28-August 18
Instructor	Nohelia Siddons
Member Fee	\$60 (4-week session)
Non-Member Fee	\$72 (4-week session)

Youth & Teen Programs

MUSIC AND PERFORMING ARTS

NEW!

Fun with Composers

Let it be a musically soulful summer! Why not share a cup of tea with Master Bach or Master Handel? Come discover magical chefs, secret agents, and sea creatures in the music of Mozart, Bach, Grieg, Saint-Saëns, and other greats! This class captivates children's imagination through an interactive approach to classical music. Children will sing, dance, act, move to the music, and play along with the music of the great masters. It's a wonderful way for parents to introduce their children to classical music in a fun and dynamic way!

Ages	6-11 years
Days	Mondays and Wednesdays
Time	4:00-5:30 p.m.
Location	Arts and Crafts Room
Sessions	July 5-August 18
Instructor	Angeles Padilla and Florencia Badino
Member Fee	\$40 per week
Non-Member Fee	\$48 per week

Guitar Summer Club

This summer program will have you playing your favorite songs and participating in a group ensemble! In each class, students will gain more confidence and even create their own songs. Beginner and intermediate level players are welcome. Please bring your own guitar.

Ages	8 years and up
Days	Thursdays
Time	4:00-5:00 p.m.
Location	Arts and Crafts Room
Session	July 6-August 17
Instructor	Angeles Padilla
Member Fee	\$126
Non-Member Fee	\$151

Kids Make Music

Give your child the gift of music this summer! In Kids Make Music, children will experience, explore, and create musical possibilities in a relaxed and playful environment. Classes meet once a week for 45 minutes to sing, chant, move, dance, and jam! This fun, family-style learning experience allows each child to participate at their own level. Adult participation is optional.

Ages	18 months-4 years
Days	Tuesdays
Time	3:00-3:45 p.m.
Location	Arts and Crafts Room
Session	July 6-August 17
Instructor	Angeles Padilla
Member Fee	\$105
Non-Member Fee	\$126

ARTS AND CRAFTS

Little Hands Food Creations

This class focuses on age-appropriate cooking recipes and projects. Your child will be introduced to a variety of healthy foods and decoration mediums, explore a range of tools, materials, textures, and techniques, prepare a food recipe to eat in class, and be allowed to express himself/herself creatively in a non-competitive and relaxing manner.

Ages	4-9 years
Days	Tuesdays
Time	3:00-4:00 p.m. (ages 4-6)
Time	4:00-5:00 p.m. (ages 7-9)
Location	Kitchen
Session 1	June 15-July 13
Session 2	July 20-August 17
Instructor	Tania Beck
Member Fee	\$113
Non-Member Fee	\$135



Youth & Teen Programs

Magic Hands

Children will develop their creativity and senses by using fun and safe materials such as clay, foam, acrylics, watercolors, and soft woods to create adorable projects. Through unique arts and crafts activities, children will discover the magic their hands can create. Children will be divided into groups based on their age level. Class fee includes all materials. Pre-registration is required.

Ages	3 years and up
Days	Mondays and Wednesdays
Time	3:00-4:00 p.m.
Location	Arts and Crafts Room
Session	June 14-August 18
Instructor	Claudia Fernandini and Doris Puga
Members Fee	\$26 per week
Non-Member Fee	\$31 per week

Let's Get Messy

This fun workshop lets children perform exciting color/texture exercises, collages, and action painting to develop fine motor skills, color differentiation, and knowledge. All materials are included in the class fee.

Ages	2-4 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	June 15-July 13
Session 2	July 20-August 17
Instructor	Aguamarina
Member Fee	\$75
Non-Member Fee	\$90

Color and Form

This fun workshop allows children to learn how to handle colors and different creative expression techniques such as drawing, acrylic, and 3-D. All materials are included in the class fee.

Ages	4-12 years
Days	Tuesdays
Time	4:30-5:30 p.m.
Location	Arts and Crafts Room
Session 1	June 15-July 13
Session 2	July 20-August 17
Instructor	Aguamarina

Member Fee	\$106
Non-Member Fee	\$128

Jewelry Design

This creative jewelry class is taught by Judi. All materials are supplied and range from glass beads, semi-precious stones, pearls, wooden or plastic beads, shells, and Lucite that have been drilled for stringing or wiring.

Ages	6 years and up
Days	Mondays
Time	3:30-6:00 p.m.
Days	Wednesdays
Time	2:00-4:30 p.m.
Location	Second Floor Lounge
Session	Ongoing
Member Fee	\$10 per class
Non-Member Fee	\$12 per class



ATHLETICS

Key Rat Tackle Football Program

Join in the football fury with this fun and competitive program for children ages 4 to 14. Dust off your cleats and go find that jersey! It's time to hit the field and play.

2010 Season

Practices begin in July. The 2010 season runs from mid-August through early November. We will kick off registration on Sunday, May 2 with a Combine for all potential players! Required equipment: athletic shoes and a willingness to work hard and learn.

Registration	May 3-22 (at the Community Center front desk)
Fee	\$275 (checks only, made payable to the Village of Key Biscayne)

Ages and Weights: Xtreme League Classifications

(age is determined as of 12/31/10)

Weight Limit	Ages (potential teams)
Pee Wees	4, 5, 6
75 pounds	6, 7, 8
90 pounds	8, 9, 10
105 pounds	9, 10, 11
120 pounds	10, 11, 12
130 pounds	11, 12, 13
145 pounds	12, 13, 14

Coaches are needed, so please consider volunteering! Contact Coach Flip de Varona at 305-365-8900 or at fdevarona@keybiscayne.fl.gov if you're interested.

Future Events

*Player and Coach Clinics

*Conditioning Camp

Times and locations to be announced at a later date.

Youth Flag Football

Be a part of our team and compete with other leagues while improving your football fundamentals. This program is for boys and girls ages 6-14 (as of September 1, 2010).

Registration	August 2-29
Price	TBD
Season	September 6-October 30

Girls' Volleyball

Get ready to dig, spike, block, and serve by joining this competitive volleyball league. This program is for girls ages 9-11 (juniors) and 12-14 (seniors). Girls must be this age as of September 1, 2010.

Registration	August 2-29
Price	TBD
Season	September 6-October 30



KEY BISCAYNE BASKETBALL ACADEMY (KBBA)

Why sit courtside when you can take part in this action-packed basketball program? Taught by Coach Tony Goudie, practices begin Monday, June 14. So don't wait. Sign up today. Each session is four weeks/eight practices.

Days	Mondays and Fridays
Times	
Beginners	3:15-4:00 p.m.
Intermediate	4:00-5:00 p.m.
Advanced	5:00-6:00 p.m.
Session 1	June 14-July 16
Session 2	July 19-August 20



AMERICAN GYMSTERS

Days	Tuesdays and Thursdays
Times	Beginner and Intermediate 4:00-5:30 p.m. Advanced and Pre-Team 5:30-7:30 p.m.
Session 1	June 15-July 15
Session 2	July 20-August 19

Fees	
Beginner and Intermediate	
2 x per week	
Members	\$220
Non-Members	\$265
Advanced and Pre-Team	
2 x per week	
Members	\$290
Non-Members	\$345



Team Key Aquatics



TEAM KEY AQUATICS

Team Key Aquatics (TKA) aims to foster the growth and development of each swimmer, regardless of age or ability, in an environment that encourages goal setting, dedication, hard work, discipline, and a personal commitment to the pursuit of excellence. TKA provides an opportunity for all swimmers to develop and maximize their competitive swimming skills, an experience that will only prove valuable to them in the future.

2010 Summer Session runs from June 14-August 7

Programs and Training Schedules

TKA Beginner Crew

Beginner Crew swimmers are introduced to swimming as a fun sport. They are coached on basic stroke technique and are taught entry-level drills and exercises. The love and passion for swimming is introduced at this level.

Days	Monday-Friday
Time	3:00-3:25 p.m. or 3:30-3:55 p.m.
Member Fee	\$150 (4 weeks) or \$250 (8 weeks)
Non-Member Fee	\$180 (4 weeks) or \$300 (8 weeks)

WATER TIMES TWO

If she's not reading, writing, or drawing, chances are you'll find Isa Antonini, age 13, in the Community Center pool training for not just one sport but two.

That's because Antonini is a member of TKA's Florida Gulf Coast swim team, one of the highest level of swimmers at the center, as well as the new Water Polo Crew.

"Water polo is a new experience for us," says Antonini, "but it's been really nice so far."

Although both sports take place in the pool, Antonini trains much differently for water polo. Instead of using a lot of arm strokes and swimming fast across the pool, in water polo she is required to hold a ball and tread water for extended periods of time.

"In water polo, we use a lot of physical endurance; it's a break from what we usually do but it's still a great cardiovascular workout," she says.

Antonini began swimming regularly at age 8. At first, she admits, she did it as a way to hang out with friends who were always in the pool. "But then I started to fall in love with the sport, and I just really enjoyed being in the water."

Today the combination of water polo and swimming has been a perfect match for Antonini. "It's a great sport," she adds. "It really brings out the competitive spirit in you."

TKA Intermediate/Advanced/FGC Crew

TKA Swim Crew swimmers include current TKA swimmers. From current Intermediate Crew swimmers to Florida Gold Coast (FGC) Crew swimmers, this group will continue their training throughout the summer session. This group represents our current TKA swim program. (Any new swimmer who is at a level equal to TKA's current Beginner, Intermediate, Advanced, and/or FGC Crew is welcome to train with this group but is based on TKA coach's evaluation.)

Days	Monday-Friday
Time	8:30-10:30 a.m. (FGC Crew only)
Time	4:00-5:00 p.m.
Days	Saturdays
Time	11:00 a.m.-1:00 p.m. (FGC Crew only)
Member Fee	\$150 (4 weeks) or \$250 (8 weeks)
Non-Member Fee	\$180 (4 weeks) or \$300 (8 weeks)

TKA Water Polo Crew

Water Polo is a combination of swimming, soccer, basketball, and rugby, all rolled into one. Even if you're a strong swimmer, your agility, coordination, speed, power, and endurance will improve. The best part about water polo is that it's a team sport, so your friends can be a part of the fun too. All levels are welcome!

Days	Monday-Friday
Time	5:00-6:00 p.m.
Member Fee	\$150 (4 weeks) or \$250 (8 weeks)
Non-Member Fee	\$180 (4 weeks) or \$300 (8 weeks)

TKA Masters Crew

Swimmers in TKA Masters pride themselves on swimming better and faster. Swimmers here benefit from the workouts, stroke technique training, and our coaches' vast knowledge of the sport of swimming.

Days	Monday-Thursday
Time	8:45-10:15 a.m.
Days	Monday-Thursday
Time	6:05-7:05 p.m.
Member Fee	\$100 (4 weeks)
Non-Member Fee	\$120 (4 weeks)

Note: Practice days and times are subject to change. Interested in joining TKA? Please contact Coach Iggy or Coach Gaby at 305-858-6779 prior to registering.

Swim Kids Swimming School

Summer Session runs from May through September

Parents & Me

Ideal for babies, this Parents & Me class is an opportunity for parents to spend quality time with their children. The instructor also will introduce basic swimming and water survival skills.

Ages	4-24 months
Days	Mondays and Wednesdays
Time	10:00-10:30 a.m.
Days	Saturdays
Time	10:45-11:15 a.m.

Turtles

Toddlers will be introduced to the basics of swimming and later learn freestyle strokes such as arrows, circles, airplanes, as well as dolphin and frog kicks.

Ages	2-3 years
Days	Mondays and Wednesdays
Time	3:00-3:30 p.m.
Days	Tuesdays and Thursdays
Time	3:00-3:30 p.m.
Days	Saturdays
Time	11:15-11:45 a.m.

Jellyfish

Once basic swimming and survival skills are mastered, children will learn fun mini-strokes such as arrows, circles, airplanes, back float, front float, dolphin, and frog kicks.

Ages	4-6 years
Days	Mondays and Wednesdays
Time	3:30-4:00 p.m.
Days	Tuesdays and Thursdays
Time	3:30-4:00 p.m.
Days	Saturdays
Time	11:45 a.m.-12:15 p.m.

Dolphins

The emphasis at this level will be on timing and swimming strokes.

Ages	7-9 years
Days	Mondays and Wednesdays
Time	4:00-4:40 p.m.
Days	Tuesdays and Thursdays
Time	4:00-4:40 p.m.
Days	Saturdays
Time	12:15-1:00 p.m.

Sharks

At this level advanced strokes are introduced, developed, and refined, preparing the child for competition and a lifetime of physical endurance and fitness.

Ages	10 years and up
Days	Mondays and Wednesdays
Time	4:40-5:20 p.m.
Days	Tuesdays and Thursdays
Time	4:40-5:20 p.m.
Days	Saturdays
Time	12:15-1:00 p.m.

Sea Lions (Adult Classes)

It's never too late to refresh your swimming skills. Swim Kids offers private and group swimming lessons for adults as well.

Ages	18 years and up
Days	Mondays and Wednesdays
Time	10:30-11:30 a.m.

Fees

Private Lessons (1 Swimmer/1 Instructor/8 Lessons)

Class Duration	30 min.
Member Fee	\$300
Non-Member Fee	\$360

(One lesson is \$37.50 for members/\$45 for non-members)

Semi-Private Lessons (2 Swimmers/1 Instructor/8 Lessons)

Class Duration	30 min.
Member Fee	\$180
Non-Member Fee	\$225

(One lesson is \$22.50 for members/\$28.12 for non-members)

Group Lessons (4-10 Swimmers/1 Instructor/8 Lessons)

Class Duration	40 min.
Member Fee	\$140
Non-Member Fee	\$172

(One lesson is \$17.50 for members/\$21.50 for non-members)

Adult Lessons/Competitive-Beginner (1 Swimmer/ 1 Instructor/8 Lessons)

Class Duration	40 min.
Member Fee	\$400
Non-Member Fee	\$500

(One lesson is \$50 for members/\$62.50 for non-members)

Baby Group Lessons (4-10 Swimmers/1 Instructor/8 Lessons)

Member Fee	\$140
Non-Member Fee	\$172

(One lesson is \$17.50 for members/\$21.50 for non-members)



Necessary Equipment

Bathing suit, bathing cap, and goggles.

Make-Up Policy

All classes must be cancelled in advance. If the lesson cannot be attended, we require notice before 9:00 a.m. Make-up classes can be scheduled on the last Friday of the month, which has been reserved for make-ups.

For more information on the class schedule, call Swim Kids at 305-262-SWIM (7946) or log on to www.swimkidschool.com.



EMPOWERING YOGA BY VERO YOGA & CO.

Empower yourself, get strong, and get in shape, while bringing freedom to your mind with this empowering yoga program. Three different classes are available. All levels are welcome.

Member Fee	\$18 per class or \$130 per ten-class punch pass
Non-Member Fee	\$21 per class or \$160 per ten-class punch pass

Easy Flow

A gentle, restorative, and invigorating yoga practice. This sequence aims to retain the vitality of the body by oxygenating and rejuvenating every cell of your system. It also helps promote total physical and mental well-being. Pre-natal yoga practitioners are welcome.

Flow

A new level of "Vero Yoga" practice, this sequence allows participants to flow with grace while synchronizing the breath with a progressive series of postures that produce internal heat, toning all muscles and organs, as well as calming the mind. *(Note: This class is more dynamic than the Easy Flow class and less intense than the Multi-Level class.)*

Multi-Level

An intense and stimulating style of yoga, this class uses the Vinyasa-style (breathing intensive) of yoga. It's physically demanding practice due to the constant movement from one pose to the next. The result is often improved circulation, a light and strong body, and a calm mind.

VERO YOGA & CO. SUMMER SCHEDULE: June 14-July 30

No classes will be offered August 2-13.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. Easy Flow Veronica	8:30 a.m. Multi-Level Veronica	8:30 a.m. Easy Flow Veronica		8:30 a.m. Easy Flow Veronica
			11:00 a.m. Flow Angeles	
6:00 p.m. Kids Yoga Claudia				

Classes are 90 minutes and held in the Island Room.

MEDITATION AND BREATHING TECHNIQUES WORKSHOPS

Join us on the first Monday of May and June. Workshops will resume in September.

Dates	May 3 and June 7
Time	7:00-8:00 p.m.
Location	Island Room
Instructor	Veronica Vidal
Member Fee	\$17
Non-Member Fee	\$20

VERO YOGA FOR KIDS

In this class, kids will develop strong, limber, and healthy bodies while cultivating self-esteem, increasing focus, and concentration—all in a playful environment. Children also will learn how to cope with life stressors and how to effectively relax and sleep better.

Ages	7-11 years
Days	Mondays
Time	6:00-7:00 p.m.
Location	Island Room
Member Fee	\$100 for ten classes (\$12 for a single class)
Non-Member Fee	\$120 for ten classes (\$14 for a single class)

YOGA CLASSES

Considered both physical and mental therapy, practicing yoga has numerous benefits including improving flexibility, strength, and muscle tone as well as managing stress and preventing disease. As a Community Center member, why not sign up for one of our cost-effective yoga classes and start reaping the health benefits today? No previous experience is required.

Ages	16 years and up
Member Fee	\$8 per class
Non-Member Fee	\$15 per class

Yoga with Arbey

You'll break a sweat in this fun and challenging class that will help you build strength and flexibility of both body and mind. Each class is designed with a combination of asanas from various styles of yoga.

Days	Mondays, Wednesdays, and Fridays
Time	10:00-11:30 a.m.
Instructor	Arbey Quiceno

Gentle Yoga

This class focuses on the basic fundamental posture of yoga. It combines breath and movement to build strength and flexibility. No previous experience is required.

Days	Tuesdays and Thursdays
Time	9:30-11:00 a.m.
Instructor	Jenny Ryan

Moderate Yoga

A perfect balance between our Gentle Yoga and Power Yoga classes, intermediate yoga practitioners will feel right at home in this class.

Days	Wednesdays
Time	7:00-8:30 p.m.
Instructor	Kerstin Eskeli

Power Yoga (Multi-Level)

This Dharma Mittra style class is designed for those seeking physical challenges. This class builds a strong foundation to advance in balancing, back-bending, twisting, and inversions. Students will be gently encouraged to pursue poses at their own pace. All levels are welcome. Remember to wear loose clothing that stretches.

Days	Mondays from 7:00-8:30 p.m.
Days	Saturdays from 9:30-11:00 a.m.
Instructor	Kerstin Eskeli



COMPLETE SUMMER YOGA SCHEDULE

Classes are 90 minutes and held in the Island Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 a.m. Easy Flow Yoga Vero Yoga & Co.	8:30 a.m. Multi-Level Yoga Vero Yoga & Co.	8:30 a.m. Easy Flow Yoga Vero Yoga & Co.		8:30 a.m. Easy Flow Yoga Vero Yoga & Co.		
10:00 a.m. Yoga Arbey	9:30 a.m. Gentle Yoga Jenny	10:00 a.m. Yoga Arbey	9:30 a.m. Gentle Yoga Jenny	10:00 a.m. Yoga Arbey	9:30 a.m. Power Yoga Kerstin	
	11:00 a.m. Teen Yoga Kerstin		11:00 a.m. Flow Yoga Vero Yoga & Co.			
6:00 p.m. Kids Yoga Vero Yoga & Co.						
7:00 p.m. Power Yoga Kerstin		7:00 p.m. Moderate Yoga Kerstin				

Fitness Programs and Classes



SPECIALIZED TRAINING PROGRAMS

NEW!

Boot Camp for Women

Boot Camp for Women by Gables Fitness is a four-week outdoor program that offers instruction, nutritional counseling, and motivational training, packed with fun and energizing activities, designed to help you reach your fitness goals. Whether you want to lose weight to fit into that special dress, shed the extra pounds from pregnancy, or just live a healthier lifestyle, this is the program for you! Please note that sessions do not carry over from month to month. For more information, contact instructor Glenn Greer at 305-496-2892 or visit www.gablesfitness.com.

Days	Mondays, Wednesdays, and Fridays
Time	9:00-10:00 a.m.
Location	Meet at the Community Center front desk

Session	Ongoing
Instructor	Glenn Greer

Member Fee	\$150 for 12 sessions per month \$130 for 8 sessions per month \$20 for 1 session
Non-Member Fee	\$180 for 12 sessions per month \$156 for 8 sessions per month \$25 for 1 session

Running Club

This new program is for runners and walkers of all levels. Each member will receive a personalized training program developed by an experienced runner, a running/walking pronation analysis, discounts at local running specialty stores, and be paired up with other runners/walkers of similar ability. For more information, contact Coach Grainger at 786-877-3153 or keyrunners@yahoo.com.

Ages	12 years and up
Days	Mondays and Wednesdays
Time	7:00 p.m.
Day	Saturdays
Time	8:00 a.m.
Location	Meet at Community Center

Session	Ongoing
Instructor	Jeff Grainger

Member Fee	\$10 per week or \$40 per month
Non-Member Fee	\$12 per week or \$48 per month

TRIATHLON TEAM-YOUTH

Young aspiring athletes will become inspired and motivated with this new program. Youth and teens age 6 to 15 will train in endurance sports such as running, biking, and swimming. Based on their age and athletic ability, they will be divided into three categories to compete in 50-300 yards of swimming, two to eight miles of biking, and 500 yards to two miles of running.

Days	Mondays, Wednesdays, and Thursdays
Time	5:30-6:45 p.m. (combining sports daily)
Member Fee	\$140 per month (2 times per week)
Non-Member Fee	\$172 per month
Member Fee	\$175 per month (3 times per week)
Non-Member Fee	\$195 per month

TRIATHLON TEAM-ADULTS

This program is designed with individual athletes in mind. Participants, who are guaranteed optimal results, will receive weekly training sessions, including swim sessions, bike sessions, and running sessions. For more information, call Coach Vargas or Lilly at 786-366-5329 or visit www.eltrainer.us.

Elite Plan

Depending on the sport of your choice, this plan includes training plans, assistance via email, and technical supervision two times per week

Days	Tuesdays and Thursdays
Time	6:30-7:45 a.m.
Member Fee	\$135 per month
Non-Member Fee	\$160 per month

Plus Plan

The plan (which is comprised of two swim sessions, one bike session, and one running session) includes a weekly online training plan, support via email and phone, technical supervision four times per week

Days	Tuesdays and Thursdays (swim)
Time	6:30-7:45 a.m. and 7:45 - 8:45 p.m.
Days	Wednesdays (run)
Time	6:45-8:00 p.m.
Days	Fridays or Saturdays (bike)
Time	TBA
Member Fee	\$270 per month
Non-Member Fee	\$318 per month

Group Exercise Information

GROUP EXERCISE GENERAL INFORMATION

- Always bring a sweat towel and water bottle to class.
- You must be at least 15 years of age to participate in a group exercise class.
- Bring your valid punch pass along with your ID to class.
- Always sign in when you attend a class.
- Classes may fill up quickly (especially bike classes) so make sure to arrive a few minutes early. Please do not enter a class in progress unless the instructor has indicated that you can do so.
- Please wear appropriate clothing and footwear for the class you are attending.
- Yoga mats will be available for use. If you practice yoga regularly, you may want to consider purchasing a mat.

Group Exercise Pass Prices

Single: \$8 for members, \$15 for non-members

(includes guest fee)

5 Pack: \$29 for members

10 Pack: \$50 for members

20 Pack: \$85 for members

Packages are not valid for yoga classes or non-members.

Class Descriptions

Body Sculpting—Body bars, hand weights and balls are used in this 55-minute class to tone all the major muscles in your body and increase muscle endurance.

Kickboxing—This intense, total-body workout combines aerobics, cardiovascular and body toning to help improve strength, aerobic fitness, flexibility, coordination and balance.

Spinning—The ultimate indoor cycling experience. You control the resistance and cadence to make the class as challenging as you need it to be! *First-time participants should arrive early.*

Latin—Work out Latin style with dance moves. An excellent class for all fitness levels and dance skill levels.

Step—This 55-minute class is devoted to non-stop cardiovascular exercise utilizing just the step. This class is moderate-to-high intensity with some abdominal work.

Water Exercise—Water exercise is a wonderful low-impact alternative to traditional land exercise programs. It is ideal for people with arthritis and those recovering from injuries, as well as anyone looking for a good workout.

Zumba—High energy and motivating music with unique moves and combinations makes this a fun and easy workout!



SUMMER LAND GROUP EXERCISE SCHEDULE						
Classes are 55 minutes and are held in the Dance Studio						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 a.m. Spinning <i>Sergio</i>	7:00 a.m. Spinning <i>Jennifer</i>	6:15 a.m. Spinning <i>Bette Ann</i>	7:00 a.m. Spinning <i>Jennifer</i>	6:15 a.m. Spinning <i>Bette Ann</i>		
8:00 a.m. Spinning <i>Jennifer</i>	8:00 a.m. Brazilian Sculpt <i>Marquinho</i>	8:00 a.m. Spinning <i>Jennifer</i>	8:00 a.m. Brazilian Sculpt <i>Marquinho</i>	8:00 a.m. Spinning <i>Marilyn</i>	8:15 a.m. Spinning <i>Marquinho</i>	
9:00 a.m. Step <i>Jennifer</i>	9:00 a.m. Spin/Sculpt <i>Jennifer</i>	9:00 a.m. Step/Sculpt <i>Jennifer</i>	9:00 a.m. Step <i>Jennifer</i>	9:00 a.m. Step/Sculpt <i>Jennifer</i>	9:15 a.m. Brazilian Sculpt <i>Marquinho</i>	
10:00 a.m. Body Sculpting <i>Jennifer</i>	10:00 a.m. Latin <i>Jennifer</i>	10:00 a.m. Have a Ball!-Senior Class <i>Marilyn</i>	10:00 a.m. Body Sculpting <i>Jennifer</i>	10:00 a.m. Latin <i>Jennifer</i>	10:15 a.m. Step <i>Jennifer</i>	10:00 a.m. Zumba <i>Maria</i>
10:00 a.m. Have a Ball!-Senior Class <i>Marilyn</i>	11:00 a.m. Zumba <i>Huayla</i>	11:00 a.m. Brazilian Sculpt <i>Marquinho</i>	11:00 a.m. Zumba <i>Huayla</i>	11:00 a.m. Brazilian Sculpt <i>Marquinho</i>	11:15 a.m. Zumba <i>Huayla</i>	11:00 a.m. Video Spin <i>Linda</i>
11:00 a.m. Spinning <i>Marquinho</i>	6:00 p.m. "The Ride" Spinning <i>Arturo</i>	5:45 p.m. Zumba <i>Huayla</i>	6:00 p.m. "The Ride" Spinning <i>Arturo</i>	5:45 p.m. Zumba <i>Huayla</i>		
5:45 p.m. Zumba <i>Huayla</i>	7:00 p.m. Brazilian Sculpt <i>Marquinho</i>	6:45 p.m. Spinning <i>Marilyn</i>	7:00 p.m. Brazilian Sculpt <i>Marquinho</i>	6:45 p.m. Spinning <i>Marilyn</i>		
6:45 p.m. Spinning <i>Marilyn</i>	8:00 p.m. Kickboxing <i>Alan</i>		8:00 p.m. Kickboxing <i>Alan</i>			

Senior Fitness Programs and Classes



Name

Edward H. Stone

Originally From

Port Chester, New York

Profession

Retired/Former private banker

Hobbies

Traveling, spending time with grandchildren, and volunteering

How long have you lived on the Key

Since 1968 (42 years)

Favorite activity/program at the Community Center

Enhance Fitness

Splash! Water Workout

Splash your way into fitness with this exciting water workout designed to be easier on your joints. Get fit in the pool while increasing your overall endurance and strength.

Days	Tuesdays and Thursdays
Time	10:30-11:30 a.m.
Location	Pool

Session 1	May 11-June 17
Session 2	June 22-July 29
Instructor	Marilyn Myles

Member Fee	\$120
Non-Member Fee	\$135

Have a Ball!

This beginner movement class will help you strengthen, tone, as well as increase flexibility and balance.

Ages	Seniors
Days	Mondays (Gym)
Days	Wednesdays (Dance Studio)
Time	10:00 a.m.

Session	Ongoing (no classes in August)
Instructor	Marilyn Myles

Member Fee	\$8 per class or group exercise pass
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Enhance Fitness

This low-cost, research-based exercise program helps older adults (over 60) at all fitness levels become more active, energized, and empowered to sustain independent lives. Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Days	Mondays, Wednesdays, Fridays
Times	2:00-3:00 p.m. and 5:30-6:30 p.m.
Location	Community Room (First Floor, Village Hall)

Session	May 3-August 20
Instructor	Marilyn Myles

Fee	\$96 (16 weeks)
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Oriental Exercises: Elements of Tai-Chi and More

People of all ages can learn and benefit from the gentle turning and stretching movements of these self-regulated exercises, which can be adapted to any level of ability.

Day	Thursday (Island Room)
Day	Sunday (near the Village Green)
Time	8:30 a.m.

Instructors	Marius Robinson and Steven Minor
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Fee	Free
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STAYING FIT AFTER FIFTY

Now more than ever, seniors living on the Key have even greater opportunities to fuel their active lifestyles. Active Seniors on the Key (A.S.K.) is an organization of seniors over 50 who work together to provide a wide range of volunteer activities that allow seniors to continue living independently on Key Biscayne. A.S.K. does this through social events (e.g. monthly luncheons), trips and tours, as well as effective exercise programs.

The new Enhance Fitness Program is a low-cost, research-based exercise program that helps older adults (over 60) of all fitness levels to become more active, energized, and empowered to sustain independent lives. Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Key Biscayne resident Ed Stone was instrumental in securing the grant from the Health Foundation of South

Florida to bring the national program to Key Biscayne.

The cardiovascular training program, which was initially funded from May through August, will likely be extended to December, thanks to Stone's efforts in obtaining a second grant from the foundation, allowing seniors even more time to reap the program's health benefits.

"At the time we enter the program, the Enhance Fitness representatives test us to measure our strength and endurance and then they test us again at the end of each 16-week cycle," explains Stone. "We will be re-tested this month to see if we've improved. And I am a part of the program, so I can assure you we have," he says. "Every one of us (65 people have signed up for the program so far) have really enjoyed it."

For more information on how to start living a more active lifestyle, call Ed Stone at 305-361-2939.

Adult and Senior Programs

ARTS AND CRAFTS

Chinese Brush Painting

Chinese brush painting is meant to be more than a representation of an object; it is also symbolic expression. Learn from an instructor who has studied with internationally known artists, Chow Chian Chiu and wife Chow Leung Chen-Ying. Learn the basics starting with bamboo. No previous experience is required. A materials list is available at the Community Center front desk.

Days	Mondays
Time	10:15 a.m.-12:15 p.m.
Location	Key Biscayne Room
Session 1	May 17-June 21 (no class May 31)
Session 2	June 28-July 26
Instructor	Joyce Olivera
Member Fee	\$35
Non-Member Fee	\$40

OPEN STUDIO TIME FOR CERAMICS

Hand Building

In this hand-building class, participants will be introduced to several methods of clay construction. Instructors will lead the class in projects involving labs, coils, and extruded shapes (think Play-Doh Fun Factory). Learn to glaze pots too!

Pottery Wheel

Beginners will learn basic wheel skills such as centering, opening, pulling, shaping, trimming, and finishing as well as well as glazing. As a beginner, you will create variations on the basic cylinder such as mugs, vases, and bowls. Intermediate/advanced students will learn more advanced functional and decorative projects such as dinnerware, lidded jars and casseroles, goblets, two-piece vases, etc.

Days	Wednesdays
Time	10:00 a.m.-12:00 noon
Location	Arts and Crafts Room
Session	May 5-26
Instructor	Laura Marmol
Member Fee	\$94
Non-Member Fee	\$112

Painting with Tony Coro

Learn tips and techniques to produce beautiful works of art. No experience is necessary. A suggested supply list can be picked up at the Community Center front desk. Please have materials on the first day of class.

Days	Tuesdays
Time	10:00 a.m.-12:00 noon
Location	Arts and Crafts Room
Session	May 18-June 8
Instructor	Antonio Coro
Member Fee	\$35
Non-Member Fee	\$40

Creative Jewelry Design

Making jewelry has never been so much fun! In this creative class, learn pattern design techniques, including stringing, knotting, wire twisting, weaving, and repair techniques. Here you can progress at your own pace; no previous experience is necessary. Also a great activity for the entire family. An additional materials fee may be required.

Days	Mondays
Time	7:00-8:30 p.m.
Days	Wednesdays
Time	10:15 a.m.-12:15 p.m.
Location	Second Floor Lounge
Session	Ongoing
Instructor	Judi Koslen
Fee	\$10/class



Name
Jimmy Ly

Originally From
Los Angeles, California

Profession
Finance

Hobbies
Basketball and reading

How long have you lived on the Key
4 years

Favorite activity/program at the Community Center
Playing basketball at the gym



Adult and Senior Programs – 50+ Corner



Are you a dynamic Active Islander age 50 or above? Our 50+ Corner offers special programming—such as special events, educational seminars, and informative monthly programs—designed with you in mind. Take a look at what we have to offer.

SPECIAL EVENTS

Mother's Day Brunch

Happy Mother's Day to all of our moms, grandmothers, and nanas out there! Come to the Community Center to help us celebrate Mother's Day with a delectable brunch. You don't even have to be a mom to enjoy this spread! Stay afterwards for our regularly scheduled movie matinee at 1:00 p.m. Pre-registration is required.

Date	Thursday, May 6
Time	11:00 a.m.-1:00 p.m.
Location	Island Room
Fee	Free



COMMUNITY CENTER CINEMA

Join us for a free viewing of recently released films on Thursdays in the Island Room.

Matinees at 1:00 p.m.

Dates	May 6	July 8
	May 13	July 22
	May 27	July 29
	June 3	August 5
	June 10	August 12
	June 24	August 26
	July 1	

Evening Movies at 7:00 p.m.

Dates	May 20
	June 17
	July 15
	August 19



Florida Licensing On Wheels

A team of driver license examiners will be at the Community Center to renew or issue replacements or duplicates of your driver's license, issue new or replacement identification cards, and complete out-of-state driver's license transfers. No appointment is necessary. Call 305-365-8953 for more information on needed documentation. *Note: Renewals can be completed up to 18 months in advance of expiration date.*

Date	Tuesday, June 1
Time	10:00 a.m.-2:00 p.m.
Location	Key Biscayne Room

AARP Driver Safety Program

Take this classroom refresher course specifically designed for drivers age 55 and over who also qualify for great auto insurance discounts. A minimum of 15 individuals is required to conduct the class. Participants must attend both days of the course.

Dates	Tuesday, June 8 and Thursday, June 10
Time	9:00 a.m.-1:00 p.m.
Location	Key Biscayne Room
Fee	\$12 for AARP Members* \$14 for non-AARP members

**AARP members must bring their card to receive discount.*

Father's Day Domino Tournament

Happy Father's Day to all of our dads and grandfathers. Come to the Community Center to help us celebrate Father's Day with a lunch and an afternoon of friendly competition. You don't even have to be a dad to enjoy the festivities! Pre-registration is required.

Date	Friday, June 18
Time	12:00-3:00 p.m.
Location	Island Room
Fee	Free

50+ Corner – Adult and Senior Programs

MONTHLY PROGRAMS AND SERVICES

Social Security Comes to the Village

A bilingual representative from the Social Security Administration will be available to assist you with all of your Social Security and Medicare issues. No appointment is necessary.

Dates	Wednesday, May 26 and June 16
Time	9:30 a.m.-12:00 noon
Location	Key Biscayne Room
Fee	Free

Birthday Bunch Lunch

Celebrate your birthday with us at the Community Center! Adults 50+ come join your friends and neighbors on the second Thursday of the month for an island wide birthday celebration. Register for our Birthday Club and lunch is on us during the month of your birthday. This event brought to you by the Key Biscayne Community Foundation and Active Seniors on the Key Club.

Dates	Thursday, May 13 and June 10
Time	12:00 noon
Location	Island Room
Fee	\$5

Lunch with an Author

Join us every month on the third Thursday for lunch with a different author as they discuss their latest works and sign copies of their books.

Dates	Thursday, May 20, June 17, July 15, and August 19
Location	Island Room
Time	12:00 noon
Fee	Free

Key Biscayne Domino Club

Join your friends and neighbors in the Key Biscayne Room for a friendly game of dominos... *y una tacita de café*.

Days	Mondays, Wednesdays, and Fridays
Time	2:00-6:00 p.m.
Location	Key Biscayne Room
Fee	Free

Card Games and More

Step out of the heat! Join your friends and neighbors in the Key Biscayne Room for an afternoon of card games and more. Refreshments will be provided.

Days	Tuesdays and Thursdays
Time	2:00-6:00 p.m.
Location	Key Biscayne Room
Fee	Free



Name
Sally Brody

Originally From
Ohio

Profession
Retired school teacher (also taught at Key Biscayne Elementary)

Hobbies
Exercising, riding bike, and boating

How long have you lived on the Key
40 years

Favorite activity/program at the Community Center
The Enhance Fitness Program ("it's addictive")

SENIOR TRANSPORTATION PROGRAM

The Village of Key Biscayne offers free, local island transportation (including Bill Baggs State Park and restaurants, Crandon Park Golf Course and Nature Center) operated by BMB Transportation and provided to pre-registered senior residents of Key Biscayne. Seniors must be 60 years of age or older, full or part-time residents of Key Biscayne, and pre-registered with Roxy Lohuis-Tejeda, Senior and Adult Programs Coordinator. Exceptions will be made for home health aides, nurses, and other qualified personnel caring and assisting the registered user. This service is provided on Tuesdays, Wednesdays, and Thursdays, between 9:00 a.m. and 3:00 p.m. All passengers must be ready and waiting for pick-up. The driver will wait only five minutes.

To schedule a pick-up or for more information, please contact Roxy Lohuis-Tejeda at 305 365-8953 at least 24 hours in advance.



Adult and Senior Programs

STUDIO WORKSHOPS

Learn to paint fabric, create paper, and experience layered textures. Each studio workshop offers a unique, creative experience like no other. Come to one session or attend them all. There's something for everyone.

Days Tuesdays
Time 10:00 a.m.-1:00 p.m.
Location Key Biscayne Room

Instructor Joyce Olivera

Member Fee \$45 (includes two sessions)

Non-Member Fee \$55 (includes two sessions)

Material Fee \$10 (includes two sessions)



Card & Paper Making: June 8 & 15

This two-session workshop will teach you how to make your own paper as well as different ways to decorate the paper using pressed flowers, ribbons, and trim. Use this paper to make envelopes, tags, stationery, and decorative packaging. Enjoy quality time with others while tapping into your own natural creativity. Please collect and bring your own "recyclables" to use including plant and decorative materials.

Trash to Treasure: June 22 & 29

Gain hands-on experience with application and finishing in this decoupage class. By working on wooden platters, glass, and *papier maché* trays, students will learn correct cutting techniques using a stencil knife and scissors. Colored pictures and paper will then be applied, plus you'll learn how to water color black and white images for application. Various other techniques also will be demonstrated.

Ikebana-Japanese Style Flower Arranging: July 6 & 13

Using fresh flowers and local foliage, students are taught how to create contemporary Japanese flower arrangements using the Sogetsu School technique. Learn basic techniques including tall vase and open bowl.

Fabric Painting: July 20 & 27

In this exciting two-day workshop you will learn to paint silk and other fabrics to achieve depth and dimension. Class includes the specifics of choosing dyes, mixing colors, and teaches different painting techniques. Classes are small, and all skill levels are welcome. No prior painting experience is required.

TRIPS AND TOURS

Friday Night at The Winery

Join us as we head back to Schebly's Winery for a night of music, dancing, wine specials, and good fun. Don't forget to bring a picnic or some take-out from your favorite restaurant.

Date Friday, May 7
Time Bus departs at 4:30 p.m.

Fee \$10

The Village at Gulfstream Park

The Village at Gulfstream Park is South Florida's newest outdoor shopping and entertainment destination, featuring a sizzling collection of fashion boutiques, home accessory shops, signature restaurants, and outdoor cafes. It's located adjacent to the legendary Gulfstream Park Race-track and Casino, so plan for a day of fabulous shopping, incredible food, and fun.

Date Friday, May 14
Time 9:30 a.m.

Fee \$5

Older American's Day at Sunlife Stadium (Marlins Game)

Older American's Month and the Marlins are promoting an active and healthy lifestyle for our senior community! Join us for an afternoon of baseball as we cheer on our Florida Marlins. The game starts at 1:10 p.m. Don't miss out on Club Level seats at an unbelievable price!

Date Tuesday, May 18
Time 11:45 a.m.

Fee \$28

Adult and Senior Programs

Coral Gables Congregational Church (CGCC) Summer Concert Series

Whether you're a jazz aficionado or a classical music lover, you are sure to enjoy the Summer Concert Series celebrating its 25th Anniversary. CGCC's intimate and historic setting, listed in the National Register of Historic Places, creates the ideal blend in which to hear and see a roster of extraordinary artists.

Date	Thursday, June 3 and July 29
Time	6:00 p.m.
Fee	\$30

Summer Shorts Undershorts at the Adrienne Arsht Center

City Theatre's late-night series is back and better than ever. These edgy and hilarious one-act plays feature South Florida's finest talent, pushing the envelope with social and political material of the times. Not appropriate for those under 17.

Date	Friday, June 18
Time	8:30 p.m. (10:00 p.m. curtain)
Fee	\$40

Laffing Matterz at the Broward Center

Voted "Best Dinner Theatre" by the Broward/Palm Beach *New Times*, *Laffing Matterz*, a live, original, musical comedy revue spoofing current events, is now showing at the Broward Center for the Performing Arts. The comedy combines the best of dinner theater with the hilarity of topical satire in a one-of-a-kind evening that everyone will enjoy. Order up a plate of guffaws with a dessert of side-splitting laughs for an evening of unique entertainment.

Date	Thursday, June 24
Time	5:00 p.m.
Fee	\$63

International Mango Festival at Fairchild Tropical Garden

Fairchild's 18th Annual International Mango Festival will celebrate The Mangos of India. Enjoy lectures about mangos and mango smoothies, view the world's largest display of mangos, take part in the world's only mango auction, and buy mango merchandise and botanical art.

Date	Friday, July 9
Time	9:30 a.m.
Fee	\$15

Are We There Yet? at Actors' Playhouse

Fresh, funny, and entertaining, this light-hearted but genuine musical comedy tackles the question we so often ask ourselves on life's roller coaster journey of ups and downs, "Are we there yet?" This refreshing and reflective comedy may finally prove that the answer to life's question is simply having a sense of humor. Dinner on your own on Miracle Mile before the show.

Date	Wednesday, July 14
Time	Bus departs at 5:45 p.m. (8:00 p.m. curtain)
Fee	\$32

Aventura Mall

Back by popular demand, come with us as we visit one of South Florida's most popular shopping destinations, featuring national and international retailers in an upscale shopping atmosphere.

Date	Friday, August 20
Time	9:30 a.m.
Fee	\$5

Magic City Casino

Don't miss the opportunity to visit Miami's first and only casino featuring 700 of the most popular slot machines, the incredible Big Mouth Buffet, and the most electrifying live racing action you can imagine!

Date	Friday, August 27
Time	10:00 a.m.
Fee	\$5



Name
Laura Orozco

Originally From
Colombia

Profession
Guest Relations Supervisor-
Ritz Carlton Key Biscayne

Hobbies
Reading, performing yoga,
going to the beach

**How long have you lived
on the Key**
26 years

**Favorite activity/program
at the Community Center**
Going to the gym

Special Events



Fourth of July Celebration

The big Fourth of July celebration is one of the highlights of summer on Key Biscayne. The day-long schedule of events includes a traditional parade, a picnic and, of course, fireworks. Activities begin at 11 a.m. with the parade along Crandon Boulevard and conclude at sunset with the fireworks display. This is a not-to-be-missed event for all residents—the whole island is invited, so make sure to mark your calendar!

Date	Sunday, July 4
Time	11:00 a.m.
Location	Village Green
Fee	Free Admission

Note: Community Center will be closed

International Children's Day

Part of the XXV International Hispanic Theatre Festival of Miami, "Gracias por todo" (*Thanks for Everything*) written by Julio Cesar Castro and directed by Carlos Aguilera will be presented by Teatro Avante and American Airlines. This bilingual children's theatre event is presented in partnership with the Key Biscayne Community Foundation and the Village of Key Biscayne.

Date	Sunday, July 25
Time	3 p.m.
Location	Community Center
Fee	Free Admission

Check www.activeislander.org for more information as the date approaches.

Photo courtesy of Kiko Ricote. Previously published in his first-edition photograph book titled Key Biscayne.

VILLAGE OF KEY BISCAZYNE COMMUNITY CENTER

ACTIVE
islander



**Village of Key Biscayne
Parks and Recreation Department**
10 Village Green Way
Key Biscayne, Florida 33149
Telephone: 305-365-8900

Visit us often for updates and new information at
www.activeislander.org

